



IN THE UPPER ROOM WITH JESUS

A LENTEN JOURNEY OF FASTING AND FEASTING

FROM ASH WEDNESDAY (2/18/26)- EASTER (4/5/26)

With a desire to draw near to Jesus throughout this lenten season, we want to join together in fasting and feasting. We fast in order to be drawn away from distraction and we feast in order to be drawn near to Jesus and one another. In order to set the stage for Easter we want to disconnect from the social media algorithms that can so easily distract and dominate our attention. Please join us in fasting from social media throughout this entire season. But, we don't want this time to simply be an empty void, but something that we fill up with God and service to others. So, consider ways you can spend the time you would have used on social media to connect with Jesus, one another, and serve your neighbors. In addition to this fast, because God made us as embodied creatures, we want to connect with him throughout this season using all 5 of our senses. So, each week we will highlight one of our senses and engage in both fasting and feasting in order to draw near to Jesus and serve one another.

Week 0: Preparation Week (Ash Wednesday - 1st Sunday of Lent 2/18-2/22)

Fast: Begin social media fast

Feast: Pray and consider how you will use your time throughout Lent

Week 1: Smell (1st Sunday of Lent- 2nd Sunday of Lent 2/22-3/1)

Fast: Avoid a good smell by doing an unpleasant service to others

Feast: Light a good smelling candle as you spend time with Jesus

Week 2: Hearing (2nd Sunday of Lent- 3rd Sunday of Lent 3/1- 3/8)

Fast: Don't listen to music, radio, or podcasts while you drive or wait in line

Feast: Spend extended time in silence with God.

Week 3: Seeing (3rd Sunday of Lent- 4th Sunday of Lent 3/8- 3/15)

Fast: Choose a form of visual entertainment to fast from (TV, Youtube, streaming)

Feast: Take a prayer walk and take notice of your surroundings

Week 4: Taste (4th Sunday of Lent- 5th Sunday of Lent 3/15-3/22)

Fast: Fast from one meal in the week or the same meal each day of the week

Feast: Eat a meal with someone you wouldn't normally eat with _____

Week 5: Touch (5th Sunday of Lent- Palm Sunday 3/22- 3/29)

Fast: Don't buy something you would normally and donate that money to the poor

Feast: Give someone a hug

Week 6: Holy Week (Palm Sunday- Easter 3/29- 4/5)

Fast: Choose something that has distracted you from Jesus to fast from

Feast: Celebrate the Resurrection and Feast on Easter